



Shrimp Scampi



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon spring onion thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.1 teaspoon salt
- ☐ 0.8 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 1 tablespoon vegetable oil

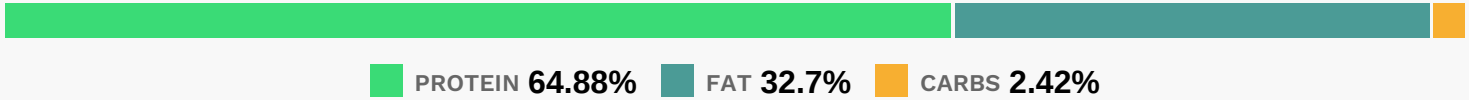
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, heat oil over medium heat.
- ☐ Add shrimp and remaining ingredients except cheese. Cook 2 to 3 minutes, stirring frequently, until shrimp are pink. (Do not overcook shrimp or they will become tough.)
- ☐ Remove from heat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:7.3856521015582%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 209.83kcal (10.49%), Fat: 7.7g (11.85%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.28g (0.31%), Cholesterol: 273.86mg (91.29%), Sodium: 349.02mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.39g (68.79%), Phosphorus: 368.45mg (36.84%), Copper: 0.67mg (33.71%), Vitamin K: 20.1µg (19.14%), Zinc: 2.32mg (15.45%), Magnesium: 61.36mg (15.34%), Potassium: 473.79mg (13.54%), Calcium: 115.42mg (11.54%), Iron: 0.99mg (5.47%), Vitamin C: 4.06mg (4.92%), Manganese: 0.1mg (4.85%), Vitamin E: 0.59mg (3.96%), Vitamin B6: 0.02mg (1.24%)